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“Personal Balance: Its Importance and How to Achieve It”

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Many people have a significant imbalance in their personal lives. As the article states, personal balance can be described as: equilibrium, homeostasis, stability, proportionality, well roundedness, mental and emotional poise, and resilience, when it comes to health and fitness. With the increase of technology and personal achievements, this produces tremendous demand on time and energy. This imbalance has negative impact on our physical health, emotional state, relationships, and our jobs. This snowball effect can cause depression, anxiety, poor sleep, weight gain, heart disease, and many other problems relating to our health.

There are stages to achieving personal balance, and they are: contemplation, precontemplation, preparation, action, and maintenance. Once realizing what stage we are at, we can do a lifestyle inventory to see what is and isn't working for us, and what is causing the imbalance.

By taking the time to prioritize things that are important to us, and realizing what drains us, physically and emotionally, we can make better choices regarding our health and lifestyle. The article also states that kinesthetic exercise, such as yoga, can be beneficial because it not only challenges us physically, but also mentally and emotionally. By taking the time to work through some of these exercises, we are able to clear our minds and focus. Taking the time to prioritize is crucial to personal balance, and once achieved can make a positive impact on our lives. Taking the time to de-stress and exercise daily is just as important as typical hygienic tasks, such as taking a shower and brushing our teeth. By realizing it is a lifestyle change, makes the difference in actually achieving personal balance.